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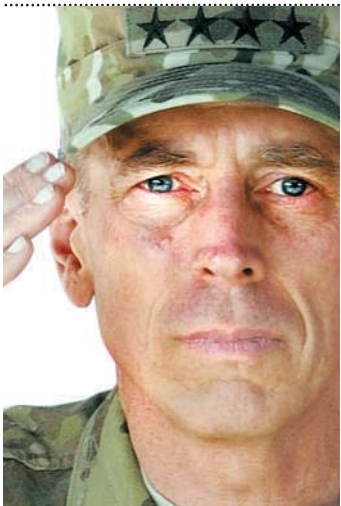
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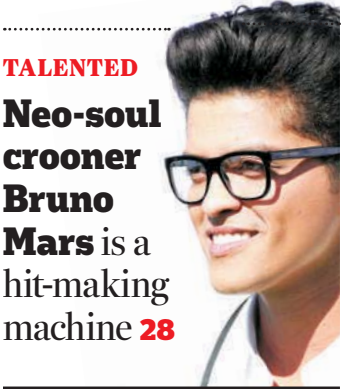
**SPECIAL
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SOON!**

Tuesday



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JULY 19, 2011 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY

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Facebook Profilers

eo

eye openers

CONDIMENT CONUNDRUM

The Question: Where Will They Find 672,000 Hot Dogs?

Austrian police say thieves have made off with an unusual heist — 21 tons of mustard and ketchup. The loot was in a semitrailer parked in a lot over the weekend northwest of Vienna. The truck driver showed up Monday to deliver his cargo, only to see the trailer missing. (AP)

“My mum goes mad about it. ... The funny thing is both her mum and [my husband’s] grandmother had cravings for coal when they were pregnant.”

— EMMA VENESS, 26, OF BIRMINGHAM, U.K., WHO TOLD THE DAILY MAIL THAT SHE HAS DEVELOPED AN INTENSE CRAVING TO EAT FURNITURE POLISH DURING HER PREGNANCY. (EXPRESS)

EITHER WAY, IT’S ADDICTIVE

Phosphine Gas-Flavored Hot Pockets Weirdly Unpopular

A Jackson, Tenn., man is in jail on charges of making methamphetamine after his motel room caught on fire. Police say they arrested Christopher Stanly Fondren on Sunday after a fire in his room. He claimed he was microwaving a Hot Pocket pastry when it blew up. Firefighters called police after finding remnants of a meth lab in the room’s melted trash can. (AP)

The Big Picture

MARIE HALD/AFP/GETTY IMAGES



HE’S A CLAUSETED YOGI: A Santa from the United States prepares to take a foot bath at Copenhagen Harbour in Denmark Monday. About 120 Santas participated in the annual World Santa Claus Congress. (GETTY)



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GOP Touts 'Cut, Cap and Balance'

Bill demands deep spending cuts before raising of debt limit

Washington

The White House formally threatened Monday to veto a Republican measure requiring congressional approval of a balanced-budget amendment to the Constitution before the nation's debt ceiling can be raised.

House Republican leaders denounced the veto threat and said they would go ahead with a scheduled vote Tuesday on the proposal, which would impose strict new spending caps and require that Congress give the balanced-budget amendment the two-thirds vote necessary to send it to the states for ratification before the debt limit could be raised.

In the Senate, Majority Leader



President Obama says Monday he would veto the "cut, cap and balance" budget measure proposed by tea party-backed House Republicans if it lands on his desk.

Harry M. Reid, D-Nev., announced that the chamber would not recess until Congress passes a deal to raise the country's \$14.3 trillion borrowing limit.

"The Senate has no more impor-

tant task than making sure the United States does not fail to pay our bills for pre-existing obligations like Social Security for the first time in our history," Reid said in a statement Monday afternoon.

Coburn's Plan



One of the Senate's staunchest budget-cutters, Sen. Tom Coburn, R-Okla., unveiled Monday a massive

plan to cut the nation's deficit by \$9 trillion over the coming decade, including \$1 trillion in tax increases opposed by most of his fellow Republicans. The plan called for raising the age at which people can claim their full Social Security benefits to 70. And it would cut farm subsidies, Medicare, student aid, and housing subsidies for the poor. (AP)

Reid's move came as negotiations over the debt ceiling entered their final two weeks. The White House has said that leaders must agree on a deal by Friday. (WASHINGTON POST)

In Brief

DETROIT

2 Die After Boat Capsizes In Race to Mackinac

Two sailors, including the skipper, died after their boat capsized during the annual Chicago-to-Mackinac race, competition organizers confirmed Monday, hours after six other crew members were pulled to safety by a rival team. A dive team recovered the bodies of skipper Mark Morley, 51, and Suzanne Bickel, 40, about eight hours after authorities received word that their boat, WingNuts, had capsized. (AP)

DENVER

Frontier Cancels More Flights Due to Colo. Hail

Frontier Airlines is canceling flights for the fifth straight day with many of its large planes still out of service because of hail damage. Spokesman Peter Kowalchuk says 39 flights were canceled Monday and another 18 flights are being scratched on Tuesday. The airline has contracted with charter airlines to replace 36 flights. (AP)

PORT ST. LUCIE, FLA.

Police: Fla. Teen Killed Parents, Then Partied

A 17-year-old Florida boy is accused of beating his parents to death with a hammer and then throwing a party. Tyler Hadley of Port St. Lucie is being held on two counts of first-degree murder in the deaths of his parents, Blake and Mary-Jo Hadley. The bodies were discovered early Sunday after police received a tip. (AP)

Astronauts Bid Final Farewell to Station Crew

Cape Canaveral, Fla.

The astronauts on NASA's final shuttle voyage floated out of the International Space Station for the last time Monday, leaving behind a historic U.S. flag and a commemorative shuttle model to mark the end of a 30-year era.

Atlantis was set to undock from the orbiting lab early Tuesday — providing the last glimpses of a space shuttle in flight before the fleet is retired. As the hatches swung shut behind the four crew members of Atlantis, it closed "a chapter in the history of our nation," space station astronaut Ronald Garan Jr. noted in Monday's emotional farewell ceremony.

Atlantis is due to land at Florida's Kennedy Space Center just before sunrise Thursday. (AP)

Heat Wave Smothers Wide Swath Across U.S.



JAZIA PRATT, 8, TRIES TO CATCH WATER from a fire hydrant Monday in Philadelphia. Heat advisories and warnings were issued Monday for 17 states in the Midwest and South. For Tuesday, the National Weather Service issued heat advisories for much of the East Coast, where temperatures are expected to hit the upper 90s but feel like 105 because of the humidity.

Hearsay

"This weekend was more of a 'Carmavehen' than a Carmageddon."

— LOS ANGELES MAYOR ANTONIO VILLARAIGOSA, PRAISING CITY RESIDENTS FOR AVOIDING THE FEARED TRAFFIC JAMS AND CONTRACTORS FOR FINISHING WORK ON THE 10-MILE STRETCH OF THE 405 FREEWAY NEARLY A DAY EARLY.

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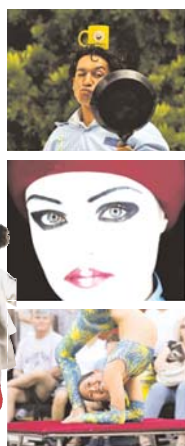
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Nation

Boomers' Health Wanes

Poll: This generation is more obese than previous ones in U.S.

Washington

Baby boomers say their biggest health fear is cancer. Given their waistlines, heart disease and diabetes should be atop that list, too.

Boomers are more obese than other generations, a new poll finds, setting them up for unhealthy senior years.

And for all the talk of "60 is the new 50" and active aging, even those who aren't obese need to do more to stay fit, according to the Associated Press-LifeGoesStrong.com poll.

Most baby boomers say they get some aerobic exercise, the kind that revs up your heart rate, at least once a week. But most adults are sup-

Medicare's Costs

The nation has been bracing for a surge in Medicare costs as the 77 million baby boomers, the post-war generation born from 1946 to 1964, begin turning 65. Obesity — with its extra risk of heart disease, diabetes, high blood pressure and arthritis — will further fuel those bills. "They're going to be expensive if they don't get their act together," says Jeff Levi of the nonprofit Trust for America's Health. He points to a study that found Medicare pays 34 percent more on an obese senior than one who's a healthy weight. (AP)

posed to get 2½ hours a week of moderate-intensity aerobic activity — things like a brisk walk, a dance class, pushing a lawn mower. Only about a quarter of boomers polled report working up a sweat four or

five times a week, what the average person needs to reach that goal.

Worse, 37 percent never do any of the strength training so crucial to fighting the muscle loss that comes with aging.

Walking is their most frequent form of exercise. The good news: Walk enough and the benefits add up.

More boomers need to heed that feel-good benefit. Based on calculation of body mass index from self-reported height and weight, roughly a third of the baby boomers polled are obese, compared with about a quarter of both older and younger responders. Only half of the obese boomers say they are regularly exercising. An additional 36 percent of boomers are overweight, though not obese.

Heart disease is the nation's No. 1 killer, but it's third in line on the boomers' worry list. (AP)

\$19,300 **The expected average price** for a compact car, starting in the fall. Honda and Toyota, which were hurt by the Japan earthquake, will crank up production of small cars. Japan and Detroit will offer big discounts on compacts as their lots fill up. The average new small car cost \$20,500 in June, and prices should start falling in September and accelerate through the end of the year. (AP)

Have you served your country in Iraq or Afghanistan?

- Did you experience something **horrible** that you can't get out of your mind?
- Do you drink **alcohol** to help you cope?
- Are you **jumpy**, irritable or easily angered?
- Is it **hard to trust** or love other people?
- Have you **lost interest** in activities you once enjoyed?

Current or former service members between the ages of 21 and 50 who have the above problems may qualify for a four to five week inpatient research study looking at the effects of a new medication for individuals with Post-Traumatic Stress Disorder and alcohol problems. There is a chance of receiving placebo (an inactive sugar pill). There is no cost for taking part and people will be compensated for their participation. During the inpatient stay, participants will receive medical detoxification if necessary, and will also receive alcoholism treatment including group, individual, and family therapy. For further information about this study being conducted at the NIH Clinical Center in Bethesda, MD, call 301-496-1993. TTY: 866-411-1010 www.clinicaltrials.gov

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Nation

Warren-to-Senate Rumors Mount

Washington

President Obama's decision not to pick Elizabeth Warren to head a new consumer protection agency is pumping up speculation that Warren might challenge Republican Sen. Scott Brown, a top Democratic target in 2012. And some Massachusetts Democrats say the president's decision came not a moment too soon.

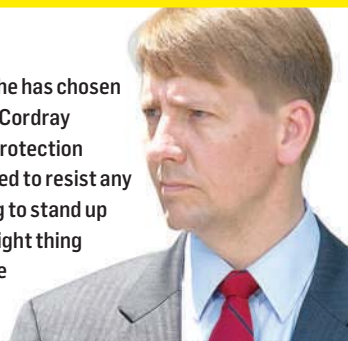


Warren

Democrats looking to take back the seat long held by Sen. Edward M. Kennedy said Monday the consumer advocate would need to launch her candidacy sooner rather than later to counter Brown's popularity across the state and his big campaign bank account.

Meanwhile ...

President Obama announced Monday he has chosen former Ohio attorney general Richard Cordray to head the new Consumer Financial Protection Bureau. At the same time, Obama vowed to resist any efforts to block its work. "We are going to stand up this bureau and ensure it is doing the right thing for middle-class families all across the country," the president said. (AP)



"I don't think she can wait much beyond Labor Day," said Phil Johnston, a former chairman of the Massachusetts Democratic Party. "If I were advising her, I'd recommend she make a decision as soon as possible."

Democrats fret that the party, which has been unable to find a big-name challenger to take on Brown, may be squandering a prime chance to reclaim the seat. Top national Democrats desperate to find a

strong challenger have been privately urging Warren to run.

Warren is expected to weigh her candidacy in the coming weeks as she prepares to return to Harvard and added that she wasn't ready to think about her next career move.

"I got to get back to the house I've lived in for 15 years, and we'll think about those things when it's time," Warren said. "I'll think about my future, but not right now."

ANDREW MIGA (AP)



No Situation Here: It turns out MTV's "Jersey Shore" isn't killing New Jersey's reputation after all. The Fairleigh Dickinson University PublicMind poll, released Monday, finds the reality show about a group of hard-drinking, foul-mouthed 20-somethings in Seaside Heights, N.J., may even be helping a bit by bringing attention to the real Jersey shore by drawing attention to the state's 127 miles of beaches and generating positive buzz for the Garden State as a whole. (AP)

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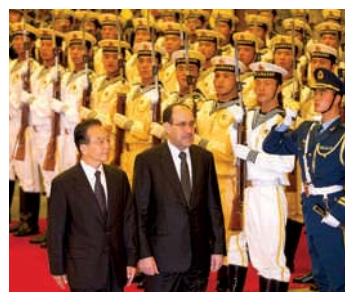
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In Brief



China's Wen Jiabao, left, and Iraq's Nouri al-Maliki inspect Chinese troops.

BEIJING

Al-Maliki Encourages Chinese To Invest in Iraq

Iraq's prime minister sought investment from China in the form of a dedicated fund to support reconstruction of the war-battered, oil-rich nation as he made his first official visit to the country Monday, an Iraqi official said. Nouri al-Maliki led a delegation in talks with Chinese Premier Wen Jiabao to urge Chinese companies to invest there. (AP)

THE HAGUE, NETHERLANDS

Demilitarized Zone Set For Thailand, Cambodia

The U.N.'s highest court on Monday created a demilitarized zone around a 1,000-year-old temple on the disputed border between Cambodia and Thailand, and ordered the armed forces from both countries to withdraw. Both countries said they were satisfied with the ruling by the International Court of Justice, meant to end the clashes that have displaced tens of thousands of people. (AP)

ISLAMABAD

Taliban Release Video Of 16 Pakistanis Slain

The Taliban released a video online Monday showing fighters executing 16 Pakistani tribal policemen in a hail of gunfire after they were captured in a cross-border raid from Afghanistan. The video included a note that the men were taken June 1 from Pakistan's northwest Dir district. (AP)

Arresting Developments in U.K.

2nd Scotland Yard official resigns amid hacking controversy

London

Scotland Yard's assistant commissioner resigned Monday, a day after his boss also quit, and fresh investigations of possible police wrongdoing were launched in the phone hacking scandal that has spread from Rupert Murdoch's media empire to the British prime minister's office.

Prime Minister David Cameron called an emergency session of Parliament on the scandal and cut short his visit to Africa to try to contain the crisis. Lawmakers on Tuesday are to question Murdoch; his son James; and Rebekah Brooks, the former chief executive of Murdoch's U.K. newspaper arm.

Murdoch shut down the News of the World tabloid after it was accused of hacking into the voice mail of celebrities, politicians and even murder victims. The crisis has roiled the upper ranks of Britain's police, with Monday's resignation of Assistant Commissioner John Yates — Scotland Yard's



John Yates on Monday resigned from his post as assistant commissioner of London's Scotland Yard, a day after his boss, police Commissioner Paul Stephenson, did so.



communications chief who was among the 10 people arrested this month due to the scandal. Police said Hoare's death was being treated as unexplained but was not considered suspicious, according to Britain's Press Association. (AP)

A Deadly Twist

Former News of the World journalist Sean Hoare, one of the first whistle-blowers on the phone hacking, was found dead Monday in Watford, about 25 miles northwest of London. Hoare was quoted by the New York Times as saying that phone hacking of newsmakers was widely used and encouraged at the News of the World under then-editor

Andy Coulson, Prime Minister David Cameron's ex-

"What does this say about our country? How did we let this happen?"

— **ED MILIBAND**, THE OPPOSITION LABOR PARTY CHIEF, SPEAKING MONDAY ABOUT THE PHONE HACKING SCANDAL, WHICH HAS SPREAD TO THE POLICE.

top anti-terrorist officer — following that on Sunday of police chief Paul Stephenson over their links to Neil Wallis, an arrested former News of the World executive who police had employed.

The government quickly announced an inquiry into police-media relations. The Independent Police Complaints Commission also said it was looking into claims.

Meanwhile, a group of internet hackers claims to have tampered with the website of Rupert Murdoch's Sun newspaper, which redirected visitors to a page featuring a story saying Murdoch's dead body had been found in his garden.

Lulz Security took responsibility via Twitter, calling it a successful part of "Murdoch Meltdown Monday." (AP)

30 Killed in Flare-Up of Sectarian Violence in Syria

Beirut

The discovery of three corpses with their eyes gouged out set off a sectarian killing spree that left 30 people dead in a chilling sign that the Syrian revolt against President Bashar Assad is inflaming long-simmering religious tensions.

The opposition accused the president's minority Alawite regime of trying to stir up trouble among the Sunni majority to blunt the growing enthusiasm for the four-

month-old uprising. The protesters have been careful to portray their movement as free of any sectarian overtones.

The killings over the weekend in the central city of Homs "undermine the peaceful nature of the revolution and serve its enemies who want to turn it into a civil war," said Rami Abdul-Rahman, the director of the London-based Syrian Observatory for Human Rights.

Syria's sectarian tensions have been laid bare for the first time in

decades — a taboo subject because of the Assad family's 40-year dynasty of minority rule.

On Monday, the Interior Ministry said it will deal firmly with "terrorist groups" and armed gunmen who are carrying out terrorist acts and torching private and public property.

Human rights groups say more than 1,600 people, most of them unarmed civilians, have been killed in Assad's crackdown on a largely peaceful protest movement. (AP)

CONSERVATION

Gibbon Glee



Conservationists listening to an endangered primate's calls in Vietnam's mountains heard a surprising response. About 455 animals were

counted there, making it the largest known population of northern white-cheeked crested gibbons. Wildlife group Conservation International conducted the census in 2010 by recording the gibbons' song-like vocalizations, the group said Monday. (AP)

84K The number of regular active-duty troops in the British army by 2020, a cut of about 16,000 troops from its current size, according to a plan expected to be unveiled by the U.K. Defense Ministry, British media reported Monday. The last time the force was that small was during the Boer War of 1899-1902. (THE WASHINGTON POST)

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World



MUSADEQ SADOQ/AP

NATO Gen. Wolf Langheld hugs Gen. David Petraeus Monday in Kabul, Afghanistan.

Petraeus Passes Afghan War Torch

Allen vows to keep momentum going in coalition campaign

Kabul, Afghanistan

Gen. David Petraeus handed over command of the Afghan war to Marine Gen. John Allen on Monday as the U.S. and its international partners prepare to withdraw over the next few years.

Petraeus, widely credited with turning the tide in Iraq, left to take over the CIA with his signature counterinsurgency strategy having yet to deliver a safer Afghanistan or push the Taliban to reconcile with the country's government.

Allen said the drawdown of U.S. forces and the transition of some areas to Afghan control this week does not mean international forces are easing up in their campaign to defeat the Taliban insurgency.

"It is my intention to maintain the momentum of the campaign," Allen said at the ceremony in the Afghan capital. "There will be tough days ahead. I have no illu-

Backstory



Marine Gen. John Allen is known for helping turn Sunni insurgents against al-Qaeda in Iraq in one of that war's

most pivotal stages. In Afghanistan, he will be tasked with overseeing the start of the U.S. troop withdrawal even as militants step up the violence and attacks on high-profile Afghans, including the assassination last week of President Hamid Karzai's powerful half brother. (AP)

sions about the challenges."

Allen, who takes command of about 130,000 U.S. and NATO troops, has said he supports President Obama's plan to withdraw a third of the U.S. forces there by next year.

The U.S. is hoping for results from an ambitious and costly multibillion-dollar plan to build the Afghan forces. All foreign combat forces are set to leave Afghanistan by the end of 2014. (AP)

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Hearsay



"I came to spend time with the Mandela family, to rejoice with them, but also to eat cake. There was a huge cake."

— **JACOB ZUMA**, SOUTH AFRICA'S PRESIDENT, SPEAKING AFTER CELEBRATING WITH NELSON MANDELA ON MONDAY, THE ANTI-APARTHEID ICON'S 93RD BIRTHDAY. MILLIONS OF SOUTH AFRICAN SCHOOL-CHILDREN BEGAN THEIR DAY BY SINGING "HAPPY BIRTHDAY TO YOU" TO MANDELA.

In China, Rivals Hope for a Craze That Sticks

U.S. doughnut titans target rising middle class in Shanghai

Shanghai

Doughnut shops, once a rarity here, have proliferated in Shanghai, with rivals, including Dunkin' Donuts and Krispy Kreme, battling here to give middle-class consumers their morning coffee and sugar fix.

The opening of so many doughnut shops is a testament to Shanghai's growing affluence and the belief that young Chinese with more disposable income will be hankering for more leisure food.

But analysts think Shanghai's



Krispy Kreme is among the U.S. vendors vying for the doughnut market in Shanghai.

doughnut market might already be saturated. Some speak of an ensuing "doughnut war," which might leave few survivors.

"We're going to need a U.N. resolution very soon — they're going to have to declare a sugar-free zone over Shanghai," said Paul French,

the British-born founder of a market research company, Access Asia. "There's too many, because we're starting to see them close down."

But it isn't clear whether Chinese consumers particularly like doughnuts. The average Chinese breakfast might consist of congee, a rice porridge; or fried noodles or a dry roll. Some of the shops' best-sellers would be barely recognizable back home, such as Dunkin's dried pork and seaweed doughnut.

French noted the biggest obstacle yet: In Shanghai, he said, police officers seem to prefer smoking cigarettes to taking a doughnut and coffee break. "They haven't cracked the cop market," he said. **KEITH B. RICHBURG (THE WASHINGTON POST)**

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Cover Story



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How you use social media may reveal more than you think

Washington

Turns out you can size up personality just by looking at a person's Facebook profile. While that may not seem like a big deal, it is providing fodder for academics who are trying to predict temperament based on the things we post online.

If such predictions prove accurate, employers may have good reason to poke around our Facebook pages to figure out how we would get along with others at the office. And Pentagon officials want to use personality assessments to make better decisions on and off the battlefield.

A recent study by researchers at the University of Maryland predicted a person's score on a personality test to within 10 percentage points by using words posted on Facebook.

"Lots of organizations make their employees take personality tests," said Jennifer Golbeck, an assistant professor of computer science and information studies at the University of Maryland. "If you can guess someone's personality pretty well on the Web, you don't need them to take the test."

In Touch, or Isolated?

Golbeck says that gauging a person's personality is important in anticipating how well they will get along with others in school or at a job.

Basic Information

The Test

Jennifer Golbeck and her colleagues at the University of Maryland's Human-Computer Interaction Lab surveyed the public profiles of nearly 300 Facebook users this year. They looked at users' descriptions of their favorite activities, TV shows, movies, music, books, quotes and membership in political organizations. They also looked at Facebook's public "About Me" and "blurb" sections. The participants then took a standard psychological exam that measures the "big five" personality traits: openness to experience, conscientiousness, extroversion, agreeableness and neuroticism. (People who don't post very much aren't good candidates.)

The Results

People who tested as extroverts on the personality test tended to have more Facebook friends, but their networks were more sparse than those of neurotics, meaning that their friends were less likely to know one another than were the friends of other Facebook users. People who tested as neurotic had more "dense" networks of people who know one another and share similar interests.

The researchers also found that people with long last names tended to have more neurotic traits, perhaps because "a lifetime of having one's long last name misspelled may lead to a person expressing more anxiety and quickness to anger," according to the study. People who tested high on the neurotic scale also tended to use a lot of anxiety-associated words, such as "worried," "fearful" and "nervous," on their Facebook posts.

The Tester

As for herself, Golbeck has two Twitter accounts, one for friends (mostly fellow Caps fans) and one for professional colleagues. She also keeps a tight rein on her Facebook friends (about 120). (THE WASHINGTON POST)

You Are What You Tweet

As good as Facebook is at revealing personality, Twitter is even better, Jennifer Golbeck said. "I think of Twitter as the lounge of your dorm," Golbeck said. "You walk in there, there are lots of people there, and you have stuff to say and you tell them." Golbeck says by analyzing the words people use on Twitter, and the back-and-forth between followers and followers, she can make a personality estimate even better than in her recent study of Facebook profiles. (TWP)

how well they can apologize and say they are sorry?" Turkle asked. "It isn't capturing their voice, their facial expressions, the visual cues and how you feel with this person next to you in the room."

Sorting It Out

But Golbeck's approach to social media and personality profiling does have its supporters.

People can exaggerate aspects of their personality when using social media, said Cliff Lampe, a professor of media studies at Michigan State University. "It's like any tool. We usually sort it out over time."

Still, Golbeck is getting attention from big social media companies, which want her to help them profile their users, and the Army Research Laboratory, which is interested in predicting how soldiers will get along in the field and is funding her studies.

Lampe admits his students have a bit too much trust in what they learn or who they meet online, more so than older people. "Maybe older people have more experience and have been burned a few more times," he said. **ERIC NILER** (SPECIAL TO THE WASHINGTON POST)

But some critics say that you can't really use social media to figure out human behavior.

Sherry Turkle, a professor of the social studies of science and technology at the Massachusetts Institute of Technology, says that people who spend a lot of time online may be more isolated from the world than in touch with it. Trying to understand someone's "real" personality from postings on Facebook and Twitter misses too much information, Turkle said.

"If we are taking what people do on Facebook as a measure of their sociability, does it measure

"It's no longer a race to connect to the most people. It's about sharing important things with a smaller group of people."

—JENNIFER GOLBECK, AN ASSISTANT PROFESSOR AT THE UNIVERSITY OF MARYLAND, ON HOW SHE ALREADY SEES HER STUDENTS BEING MORE SAVVY WITH SOCIAL MEDIA.





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Metro Tries Hand at Social Media

Transit system hires personnel to beef up rider communication

Washington

Metro has launched an aggressive effort to spread its message via social media networks, as officials try to counter criticism that the agency is unresponsive to the public and to convince riders that it is a transparent, reliable system.

The transit agency faces increased scrutiny beneath the microscopes of Twitter, blogs and other digital venues, where riders instantly communicate about

escalators that don't move, railcars that are too hot and waits that are too long.

Lynn Bowersox, managing director of public relations for Metro, said the agency is "building a communications infrastructure" that will enable it to be more active on social media outlets and have a "two-way dialogue with customers."

Metro officials have used recent departures in the media relations department to bring aboard new personnel. The authority recently hired a Twitter-savvy chief spokesman and, on Friday, hired a full-time social media manager.

Metro also plans to hire two

"We're putting the people, the tools in place to give more information to more people than ever before."

— LYNN BOWERSOX, MANAGING DIRECTOR OF PUBLIC RELATIONS FOR METRO.

people to work in the bus control center who will send e-mail alerts about weather or traffic congestion that could cause delays, Bowersox said.

"It is our strategy to find out where customers are getting information and to be there," she said.

"We're putting more time and attention into those channels, where people are looking for information on their PDAs, Twitter, Facebook."

Last week, chief spokesman Dan Stessel beefed up his staff by adding a social media manager. Brian Anderson, 31, has worked for the Southeastern Pennsylvania Transportation Authority for the past four years as manager of communications.

Anderson said he wants Metro to "keep information flowing. I want people to see Metro as a system of transparency and understand we are working for them."

DANA HEDGPETH (THE WASHINGTON POST)

METRO PULSE



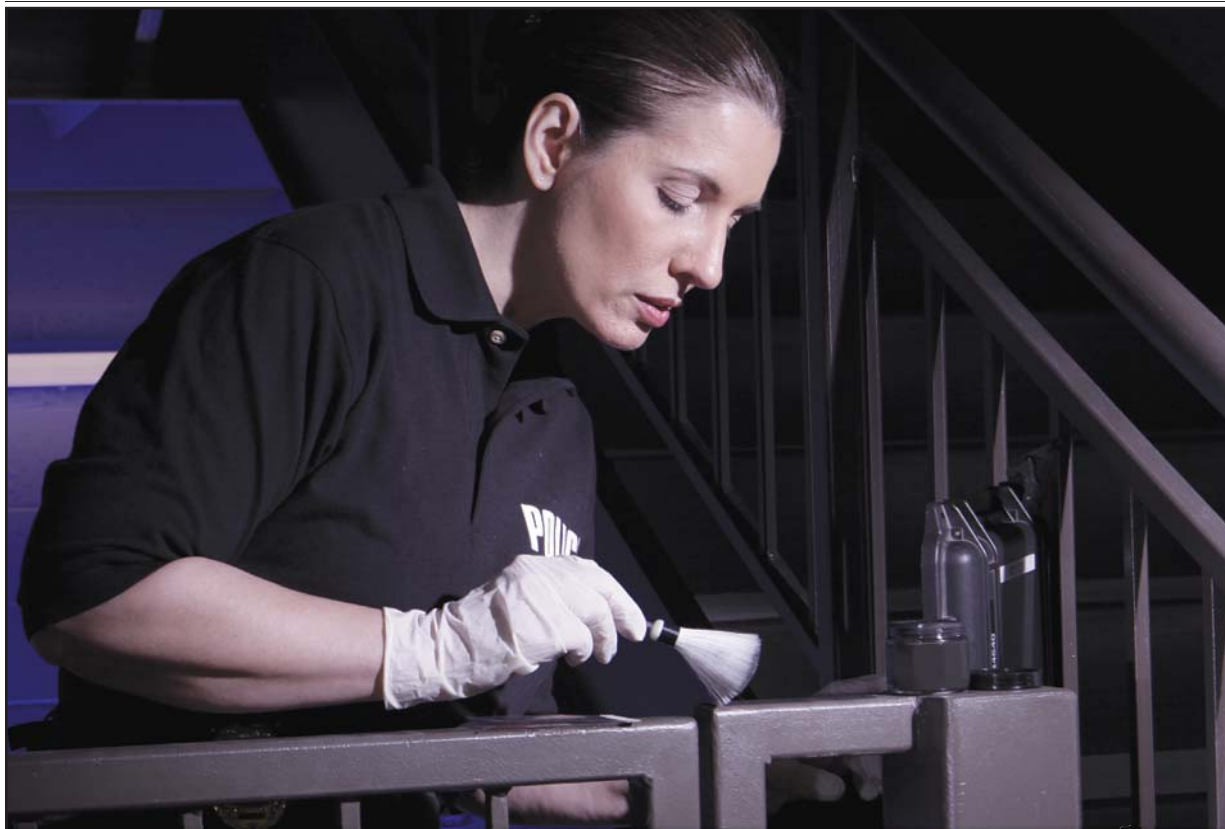
Martin Luther King Jr. has two streets named after him. Any other figures you'd like to see on street signs?

"Does Eleanor Roosevelt have a street named after her? She should be recognized for her involvement in women's rights."

Melissa Dahlan

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POLICE LINE D

In Brief

WASHINGTON

Eastwood Joins National Police Museum's Cause

Clint Eastwood is joining an effort to build a National Law Enforcement Museum in Washington to honor police officers and their history. The museum's foundation announced Monday that Eastwood agreed to serve as its honorary chairman. He will help raise funds by creating a public service announcement campaign. Last year, U.S. Attorney General Eric Holder and Homeland Security Secretary Janet Napolitano broke ground for the project. More than \$43 million has been raised to date for the \$80 million museum. Construction is scheduled for completion by the end of 2013. (AP)

BALTIMORE

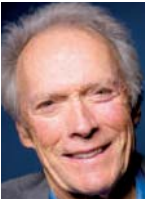
EMS Training Suspended After Cheating Revealed

Baltimore's fire chief is suspending emergency medical services training after certification officials uncovered cheating by recruits. Fire Chief James Clack announced Monday that he is also ordering an internal investigation after a probe by the Maryland Institute for Emergency Medical Services Systems, which certifies paramedics and emergency medical technicians, found that EMT students had confidential state testing materials before a test on June 14. (AP)

RICHMOND, VA.

GOP Holds 2-1 Campaign Cash Advantage on Dems

Republicans had a nearly 2-to-1 fundraising advantage over Democrats at the end of June for this year's legislative elections, including a definitive battle for partisan control of a closely divided Virginia Senate. State Board of Election campaign finance reports compiled and analyzed Monday by the Virginia Public Access Project show GOP candidates, party committees and leadership committees with \$13.7 million on hand to the Democrats' \$7.4 million. (AP)



Eastwood

MPD Accused of Case Tampering

Lawyers: Evidence was destroyed after 2002 mass arrests

Washington

Lawyers representing four former college students detained during a mass arrest during a downtown demonstration in 2002 have accused a D.C. police employee of trying to destroy computerized evidence related to the round-up. The allegations were disclosed Sunday night in a court filing related to a long-running legal dispute over the controversial arrests of hundreds of people at a World Bank protest. In the court papers, law-

yers for four remaining plaintiffs in civil lawsuits against the District alleged that a D.C. police employee went into a computer system and tried to delete information pertaining to the arrests. The attorneys asked a federal judge to order the District to explain why the attempted deletions should not be referred for criminal prosecution. "It appears that a serious and malicious federal crime has occurred in relation to this case by someone within [D.C. police] or the District government," according to the court filing by the students' lawyers, Daniel C. Schwartz, P.J. Meitl, Daniel T. O'Connor, Bryan Cave and Jonathan Turley.



Riot police surround IMF/World Bank protesters at Pershing Park in 2002.

Lawyers for the District and a spokeswoman for the D.C. police department did not immediately respond to emails seeking comment. At a court hearing last week,

Monique Presley, a lawyer for the D.C. attorney general's office, first disclosed the attempted deletions to a computer file known as the "E-Team" record, a running computer log of police actions. The alleged deletions occurred in February 2003, just hours after a D.C. Council hearing examined police actions connected to the Pershing Park arrests. The attempted deletions were discovered by an independent contractor hired by the District to find such records. Because of the way the computer system worked, the identity of the person who attempted to delete the files may never be known. DEL QUENTIN WILBER (THE WASHINGTON POST)

Getting Ready for the Re-enactment



IAN S.A. CAMPBELL, A HISTORIC INTERPRETER from New Orleans, works Monday to build sets for the sesquicentennial of the start of the Civil War this weekend in Manassas, Va. Campbell will play a slave for whom this cabin will serve as home in the event. The re-enactment, organized by Historic Manassas Inc., is expecting more than 10,000 participants.

2 Robberies On Metropolitan Branch Trail

Washington

Two more robberies have occurred on a trail between Washington and Maryland where there have been several holdups in recent months. D.C. police say the most recent reported incident happened at Third and R streets NW when a pedestrian was held up at gunpoint Friday. In what police say is a common street-crime technique, the robber approached the man and asked for the time of day. When the man checked, the robber showed a handgun and stole the man's phone and wallet. Police say there were five incidents on the Metropolitan Branch Trail from May 5 to June 5. (AP)

The Lotteries

Monday, July 18

Maryland

Mid-day Pick 3	7-4-8
Evening Pick 3 (Sun.)	2-0-8
Mid-day Pick 4	1-0-7-5
Evening Pick 4 (Sun.)	9-9-1-5
Match 5 (Sun.)	12-13-15-23-24 (5)

District

Mid-day Lucky Numbers	6-3-0
Evening Lucky Numbers (Sun.)	8-9-4
Mid-day DC 4	7-6-6-7
Evening DC 4 (Sun.)	5-4-4-0
Mid-day D.C. Five	1-4-5-6-9
Evening D.C. Five (Sun.)	8-7-2-3-2

Virginia

Mid-day Pick 3	7-7-9	Evening Pick 4 (Sun.)	4-9-3-8
Evening Pick 3 (Sun.)	9-1-5	Mid-day Cash 5 (Sun.)	4-7-14-15-16
Mid-day Pick 4	5-1-1-0	Evening Cash 5 (Sun.)	2-17-22-23-34

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



Japan's women's soccer team celebrates after defeating the United States in penalty kicks during the World Cup final on Sunday night in Frankfurt, Germany.

The Thrill of Victory

Japan's Cup win lifts spirits of a country ravaged by disaster

Women's Soccer

Their country's misery was never far from their hearts. Thousands dead or missing. Villages erased. Homes destroyed.

The players on Japan's women's World Cup team invoked the slow recovery from a devastating tsunami and earthquake time and again. Whatever they could do, they vowed, they would.

True to their word, the gleaming World Cup trophy will ride back on the plane with them — a prize, they hope, that will lift the gloom, even if only for a short while.

"Before we went to the match tonight, we had some commentary on television and we heard comments on the situation in Japan," coach Norio Sasaki said after Japan upset the U.S. for the World Cup title in a riveting final Sunday.

Meanwhile ...



U.S. Looks to 2012

Once the Americans get over the disappointment of coming up just short at the Women's World Cup, they'll remember there's another major title to be won at next summer's London Olympics, and qualifying starts in a few months. The majority of the team will remain intact through London, but Christie Rampone (36), above, and Shannon Boxx (34) are likely to call it quits after that. Abby Wambach said it's too early to say what she'll do, but she is 31, and her body is showing the wear and tear of her fearless playing style. (AP)

"We wanted to use this opportunity to thank the people back home for the support that has been given."

This was Japan's first appearance in the final of a major tournament, and it had never beaten the Americans in their first 25 meetings. But the Nadeshiko pushed ahead, playing inspired soccer and hoping its success could provide even a small emotional lift to its nation, where nearly 23,000 people died or were reported missing in the March 11 catastrophe.

Before Japan upset Germany in the quarterfinals, Sasaki showed his players images of the destruction to remind them of their higher purpose. "They touched us deep in

our souls," star Aya Miyama said about the photos.

And they responded in kind. Joyous fans wearing Japan jerseys hugged and sang in Tokyo as they watched the players hold the trophy aloft, confetti swirling around them and flecking their hair with gold. Special newspaper editions were printed by the national papers and handed out to pedestrians in Tokyo on Monday morning, and scenes from the game were replayed constantly on TV.

"If any other country was to win this, then I'm really happy and proud for Japan," American Carli Lloyd said. "Deep down inside, I really thought it was our destiny to win it. But maybe it was Japan's." (AP)

7,196 The number of tweets per second posted during the Women's World Cup final between Japan and the U.S., a new record according to Twitter, eclipsing the wedding of Prince William and Kate Middleton, and the death of Osama bin Laden. Paraguay's penalty shootout win over Brazil in a Copa America quarterfinal later the same day came close to beating it with 7,166. (AP)

Swengali

Redskins Need To Win Fans Back

Suddenly, the Redskins aren't such a hot ticket. According to The Washington Post, seats at FedEx Field were ripped out because the team couldn't fill them, and there's debate about whether there is even a waiting list anymore for what once was the must-have ticket in D.C.

Because the lockout seems about to end, it looks like the downtrodden franchise is going to have to fill its remaining seats this season after all. Here are three ideas to win fans back to the stadium.

► **Win more games.** This is the easiest solution, yet it remains so elusive. Joe Gibbs 2.0 had the best run of any coach in the Dan Snyder era, and even then, the Redskins won only one

There can't be a single person out there who enjoys the FedEx Field experience.

playoff game. Typically, Washingtonians are asking by mid-season who the next year's coach is going to be.

► **Move back to D.C.** There can't be a single person out there who enjoys the FedEx Field experience. The stadium's way too big, too impersonal and too far removed from the city. If the team builds a new home in the capital, they — fans, I mean — will come, even if the team stinks.

► **Dan Snyder must sell the team.** It won't happen, but there's no getting around the fact that people here don't like the guy — to the point that they don't want to give him their money. It's too late to save this relationship.

On the plus side, the Redskins aren't irrelevant — they're just really disliked.

Ⓐ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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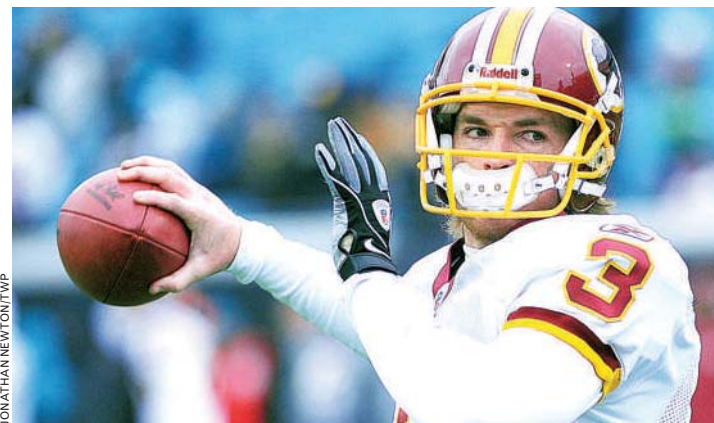
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Sports



JONATHAN NEWTON/TWP

John Beck was the Redskins' third-string quarterback for most of last season.

QB Beck in a Rush To Get to Work

Redskin flies East hoping that the NFL lockout will end soon

The Redskins

While some Redskins still are bracing for some last-minute breakdown or setback in talks, quarterback John Beck is acting as though Redskins Park's doors will open this week.

Last week, Beck and his wife packed up their home in San Diego, and on Thursday, along with their three boys, boarded a plane bound for Northern Virginia. He admitted he didn't know the exact date the league will announce the end to the lockout, but he saw no point in waiting.

"I want to be able to meet with Kyle as soon as possible," Beck said referring to offensive coordinator Kyle Shanahan.

Beck met with Shanahan for a couple hours April 29 during the

Meanwhile ...

Two people familiar with talks to end the NFL lockout told the AP that if an agreement is ratified by Thursday, team executives will be briefed starting that day on how the deal's terms affect league business. The people said the league's 32 clubs were told Monday that topics would include the rookie salary system and guidelines for player transactions. (AP)

brief lifting of the lockout that ended up lasting less than a full day before the 8th U.S. Circuit Court of Appeals granted the stay to the ruling that the lockout was illegal.

Since then, Beck has tried his best to prepare and continue to learn the Redskins' playbook. But he says it wasn't an effective substitute for going over film and chalk talks with coaches. "I can't wait," Beck said. "It has hurt us not having that." (THE WASHINGTON POST)

TV Lineup

NATIONALS (8 P.M., MASN2)

Will the Nats play in another one-run game when visiting the Houston Astros?

BASEBALL (8 P.M., MLB) The hapless Chicago Cubs play the Philadelphia Phillies.

CYCLING (8 A.M., VERSUS) As the Tour de France starts to wind down, Stage 16 runs from Saint-Paul-Trois-Chatueaux to Gap, France.

WNBA (7 P.M., ESPN2) The Chicago Sky hosts the Seattle Storm.

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Contador Faces an Uphill Climb

3-time Tour champ needs a big push to win this year's race

Cycling

Alberto Contador knows he is running out of time, and stages, to close the gap on his Tour de France rivals.

The Spaniard's bid for a fourth Tour title has yet to get going as the race enters its final week, a combination of bad luck and a nagging knee injury conspiring to make it difficult for him to launch his trademark attacks in the mountains.

"This is probably the hardest

Tour I've done. I have lost a lot of strength since the beginning," Contador said Monday, the Tour's second rest day. "It's true that without the time loss from the first stage I would be in a good position to win the Tour, and [just] waiting for the last time trial."

Contador must first find a way to claw back from a four-minute deficit on race leader Thomas Voeckler. He also lost time to Andy and Frank Schleck of Luxembourg, and two-time runner-up Cadel Evans of Australia.

After 15 of 21 stages, seventh-place Contador trails Frank Schleck by 2:11, Evans by 1:54, Andy Schleck by 1:45 and Ivan Basso



Alberto Contador must overcome a four-minute deficit to win the Tour.

CHRISTOPHE ENA/AP

by 44 seconds.

Contador and his Saxo Bank team have no choice but to be aggressive in the high climbs of the Alps this week.

The 17th stage Wednesday from Gap to Pinerolo features just one category 1 ascent and won't be as testing as the excruciating climbs Thursday and Friday that will leave riders exhausted before the 26-mile time trial on Saturday.

"The climbs in the Alps are different than the Pyrenees; they are longer and at a higher altitude," the 28-year-old Contador said. "Some riders will suffer from that. But we need to attack, that's for sure."

JEROME PUGMIRE (AP)



DOPING

Coming Clean

Pat McQuaid, pictured, the head of cycling's governing body, says a positive drug test or two at the Tour de France wouldn't necessarily be a "bad thing," as it would suggest anti-doping efforts are working. McQuaid says the fact that unheralded Thomas Voeckler is leading suggests the sport is becoming cleaner. (AP)

ANDY NAJAR
Midfielder - #14

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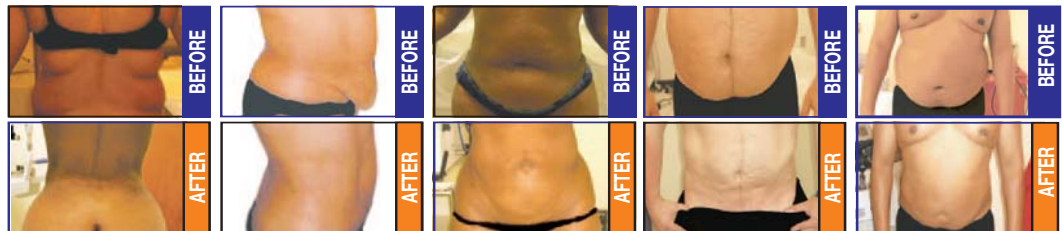
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Sports

In Brief

PRO BASEBALL

Texas' Ryan in Hospital With Pain in His Heart

Texas Rangers President Nolan Ryan is in a Houston hospital undergoing tests on his heart. The Rangers said in a statement Monday the 64-year-old Ryan is "resting comfortably and reports he is feeling better." He is expected to be released from the hospital in a few days. (AP)

PRO BASKETBALL

Howard May Play Abroad

Dwight Howard's frustration with the NBA lockout has caused the Orlando Magic star to strongly consider playing overseas. In an exclusive interview Sunday with The Associated Press, Howard said he would consider playing in China or Europe if the NBA lockout doesn't end. (AP)

PRO BASEBALL

Sizemore Back on the DL

Grady Sizemore's hard-nosed style of play could be coming with a price for the Cleveland Indians. The Indians placed their center fielder back on the 15-day disabled list on Monday with a bruised right knee. It's his third stint on the DL this season and the sixth of his career. Sizemore was sent back to Cleveland to have tests done on his knee before making any estimates about how much time he will miss this time around. (AP)

ALL-STAR

A United Front

Landon Donovan, pictured, David Beckham and Thierry Henry will lead the MLS roster that will play Manchester United in the league's All-Star game. New York Red Bulls coach Hans Backe announced his selections on Monday of the 22 players who will play in the July 27 game at Red Bull Arena. (AP)



express health directory

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AD BONE MARROW 03/07

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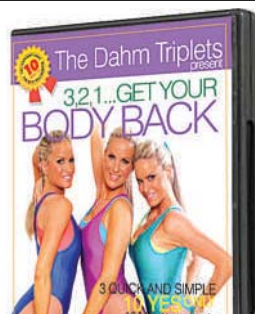
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Guinea Pig | Triple Time

No, you haven't done the pony so much that your vision is playing tricks on you. There really are three identical women in leotards and leg warmers in "3, 2, 1 ... Get Your Body Back" (\$10, 321getyourbodyback.com). You may recognize the Dahm Triplets from their Playboy poses in the '90s. Now Erica, Jaclyn and Nicole are trying to appeal to other new moms with quick cardio and toning segments. Using dancey steps that are easy to follow, if a bit repetitive, they could succeed.



Mini-Munchies

Blue Ribbon Restaurants, the brand that created Naked Nuggets, has a new way to play the game of chicken. Simple Sliders are antibiotic-free, hormone-free meat that's been seasoned and grilled, so you can nuke an 80-calorie patty in seconds. (Buns aren't included.)

→ Introduced to the East Coast at the show with a suggested retail price of \$8. More info at Shedthebread.com.



Slims Chance

It's not a cracker. It's not a cookie. It's a Slim, an invention out of Canada that promises a sweet crunch and just 100 calories per package. Available in banana, cocoa (which is vegan) and omega (cranberry-orange with pumpkin, flax and sunflower seeds), the crispy snack is a no-brainer for lunchboxes. → Not currently available for purchase locally. More info at Trumpsfood.com.



Sweet Surprise

"I always wanted more sweet potatoes in my family's meals," says Lisa Johnson, whose new line of Yummy Yummy dips uses the super-tubers as the base. With addictive, salsa-like varieties (that are oddly but pleasantly creamy) and lemon-ginger blends ready-made for crudite platters, the self-described "Y'Ambassador" may just get sweet potatoes into all of our meals. → Jars are \$10 at Yummyyummy.com.

BETTER BITES

Don't worry about feasting on these finds from the Fancy Food Show

Despite the heaps of cookies and cheeses that dominated the Fancy Food Show at the D.C. convention center last week, attendees couldn't avoid a healthy dose of "all-natural" labels, whole grains and lowered calorie counts. Even normally naughty noshes boasted better-for-you ingredients. (Best find: Rigoni di Asiago's Nocciolata, basically an organic version of Nutella.) Here's some stuff you'll feel especially good about tossing in that shopping cart. VICKY HALLETT (EXPRESS)



Nice Ice

If you're wondering why there's no stick in this Popsicle-esque treat, it's because the frozen fruit wouldn't actually cling to wood unless icky additives were mixed into the recipe. And Power of Fruit takes pride in the fact that its ingredients list is all fruit and water. That means each icy snack counts as half a fruit serving and has 35 calories or less. → Check Poweroffruit.com for local availability.



Could Have Bean

You've munched on chips made of corn. So how much weirder is it to down chips made of beans? Don't answer that question until you've tried Beanitos' chipotle BBQ flavor. We're not as fond of the other varieties, but all the nutrition labels look pretty good: Each serving has 175 calories, 6 grams of fiber and 6 grams of protein. → Available locally at Giant, Harris Teeter and Yes! Organic Market. Suggested retail price is \$1.29 for a 6-ounce bag.



Rounds About

Morning Rounds are what doctors go on to make sure their patients are all right. They're also what you might want to eat to avoid becoming one of those patients. The wheat pitas packed with fruits and grains (available in cranberry orange, apple cinnamon and muesli varieties) are an easy alternative to sugary muffins. → \$30 for six packages at Amazon.com.

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You Need Help To Make Change

Q After a bad slump in 2009, I've made changes in my life. I eat better, I got out of an abusive relationship, and I asked for (and got) more responsibility at my job. But I still don't feel much happier, which is frustrating. I worry I'll always feel this way. **STUCK**

I commend you for your changes. And there is no doubt that they've made a difference in some way, even if they're just paving the way for more substantial change.

But real change for you will probably entail professional help. That doesn't mean you've failed. In fact, you've probably made yourself more ready to let therapy help you than most people. Start with a physical to make sure there aren't thyroid or hormonal issues at play. Many people in your shoes are told by their doctors just to take some antidepressants, but beginning with therapy (even if antidepressants are added in later) is wiser. Why? Because the characteristics that made you get into an abusive relationship are probably still there, and those cures don't come in a bottle.

You have the capability to feel better — you just need someone to help you find a road map.

Stopping This Sister's Act

Q My husband's sister is thousands of dollars in credit card debt, has a car she can't afford and is always a hair away from not making her mortgage payment. My husband gives her money, and I'm resentful. And she buys expensive purses and thinks nothing of going out for a night of clubbing. She says it's how she "blows off steam" and if she didn't do those "small" things, she'd go crazy. I don't think she should be blowing off steam on our dime. **FRUSTRATED WIFE**

No matter what my assessment of your sister-in-law, the main challenge here involves your husband. As much as I agree that the former needs a revamping of her entire attitude toward finances, she won't be very motivated to change when her brother keeps bailing her out and keeping her in Louis

Vuitton, and if he doesn't feel that he should cut her off, then you're back to square one.

Choose a quiet, low-key time to talk this over: If he's resistant, suggest that you start by lessening the payments slightly in amount and frequency, and come up with a schedule you can stick to.



**By Dr.
Andrea
Bonior**

Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (friendshipfix.com).

Event Horizon

Step It Up

It takes two to tango, right? Not if you're at the Capitol Hill Arts Workshop (545 7th St. SE; 202-547-6839, Chaw.org) for a tango práctica hosted by instructors Jake and Danarae Stevens. You're welcome to arrive solo at the free event this Friday from 6:30 to 9 p.m. (and at repeat events on Aug. 5 and 19). It's not a milonga, but rather an informal opportunity to learn, share ideas, experiment — and, of course, dance.

Stuck in a Food Fight for Life

An allergy-plagued author shares tales of not dying while dining

Books

"I've had waiters yell at me and nutritionists tell me I'm not designed to survive," says Sandra Beasley, who can't eat dairy, eggs, beef, soy, mustard and much of the rest of what you can find in a supermarket. In "Don't Kill the Birthday Girl: Tales From an Allergic Life,"

(\$23, Crown), the 31-year-old Washingtonian recounts the humorous and heartbreaking occasions in her Benadryl-filled life. She'll be reading from the book at Politics & Prose (5015 Connecticut Ave. NW; Politics-prose.com) on Saturday at 3 p.m.

How did you discover that you had these allergies?

In my first month, I was not able to handle my mother's breast milk, cow's milk or formula. I was essentially malnourished, but when you're that young you can't have an anaphylactic reaction. It just shows itself like wasting. Doctors knew early on that something was



MATTHEW WORDEN

It's much easier to ask author Sandra Beasley what she's not allergic to.

very wrong. I've probably had one new food allergy discovered most years in my life.

How did your parents handle this?

I think it was very difficult for them because they were in an era when food allergies were understood on a medical level, but they were totally not understood on a cultural level. People in restaurants just looked at them like they were either picky or crazy when they would try to order for me.

Has there ever been a day where you didn't have to worry?

The easiest, worry-free day is the day when I'm just puttering around the house and eating the same things that I do all the time. I've probably had a breakfast of almonds, a banana, a cup of orange

juice and a mug of coffee every morning for the last 10 years.

Are there any foods that you crave but can't have?

The weirdest thing for me is that I get cravings for cinnamon rolls and I've never had one. I don't know what it is about the smell of them.

Is there something you wish more people knew about food allergies?

People need to understand that nobody wants food allergies to be their defining characteristic. I feel like there's this misconception that people with food allergies are obsessed with their own food allergies. But if any of us could wave a magic wand and make those allergies disappear, we would.

KATHERINE BOYLE (EXPRESS)



SPECIAL ADVERTISING FEATURE

Fueling the Fire

The path to fitness begins with good nutrition

As the Challengers go through their weekly workouts with their trainers, they're also receiving an education in healthy eating. Nutrition is one of Gold's Gym's Five Components of Fitness, and the link between nutrition and fitness is undeniable. In fact, it's been said that 70%-80% of gym results are determined by what you eat.

Returning Challenger Katie Pellecchia has been through the Get Fit Challenge once before, so she already has a foundation in proper nutrition.

But she's been learning a few new tricks from her trainer Chauncey Graham at the Ballston Gold's Gym.

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Meet Katie's trainer...

CHAUNCEY GRAHAM GOLD'S GYM - BALLSTON

Chauncey is one of the top personal trainers at Ballston's Gold's Gym. He holds a BA degree in Sociology from North Carolina State University. A former NCAA Division 1A football player and current amateur bodybuilder, Chauncey enjoys introducing and showing people the benefits of a fitness lifestyle, and regularly dispensing tips

and advice on his fitness blog (grahamfitnessblog.blogspot.com). He is certified by the International Sports Science Association.

TRAINER TIP OF THE WEEK

To sustain a nutritional diet plan for life without feeling deprived, allow yourself one cheat meal per week. Treat yourself to one meal that includes an unhealthy portion or snack that you crave. This should have no effect on your overall diet plan or goals, and it will give you something to look forward to.

--Chauncey



KATIE & CHAUNCEY



HEALTHY FOOD PRODUCES HEALTHY RESULTS

The Challengers are learning that fad diets produce short term, and occasionally unhealthy, results. There's no place for that in the Gold's Gym program. Instead, Chauncey is helping Katie develop a nutritional diet plan that complements her fitness goals, and that she will be able to maintain for the rest of her life. "Instead of Katie starving herself with a low calorie diet," Chauncey says, "she must eat a healthy diet on a consistent basis to reach her goal." Chauncey recommends Katie focus on consuming natural (unprocessed) carbohydrates such as vegetables, fruits and whole wheat bread, lean protein like chicken, fish and egg whites, and healthy unsaturated fats found in nuts and olive oil.

Instead of eating three meals a day, with large time gaps in between, Chauncey wants Katie to eat five to six portions a day. And he wants her to start early with a large breakfast because her metabolism is at its highest then. "Eating more meals starting with an early breakfast will make you less hungry later in the day when your metabolism begins to slow down," he says.

Katie refers to her daily diet plan as an "upside down pyramid" in which she eats her largest meal in the morning and her smallest at night. "I've learned that it's ok to eat a larger breakfast because it gives your body energy for the entire day," she says.

TRICKS FOR TASTY SNACKS

Katie gave up ice cream but has learned to create her own satisfying alternative. She mashes a banana in a small container, adds two tablespoons of skim milk and freezes it. "In just a few hours you have a healthy and great tasting ice cream substitute," she says.

For a quick, healthy and low calorie snack, Chauncey likes instant oatmeal with maple and brown sugar and blueberries. It takes less than two minutes to prepare, has just 160 calories, and is loaded with fiber and taste.

Will Katie be able to stick to her healthy nutritional diet plan? Will she be tempted to stray? Follow her journey on Facebook.



CHAUNCEY & KATIE

Get your free, 7-day VIP membership to Gold's Gym at goldsgym.com/dc

Follow Katie and her fellow Challengers at Facebook.com/GoldsGetFitChallenge

Points are awarded weekly for body weight loss % and competitive challenges.*

CHALLENGERS	Previous Weight	Current Weight	Total Weight Loss	TOTAL POINTS
JOY	173.0	170.0	-21.0	22
MICHAEL	241.8	245.4	-17.0	16
KATIE	230.4	227.0	-14.8	13
STEPHEN	352.0	347.0	-19.0	13
CAREN	225.5	220.5	-9.5	10
LARRY	364.0	360.0	-20.4	10

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Presidential Doctor's Orders

An exhibit details bodily malfunctions inside the Oval Office

Museums

There's one thing every president of the United States has had to face during his time in the Oval Office: diarrhea. At least, it sure seems that way from the exhibit "Chief Complaints: Health of the American Presidents," which chronicles the various ailments that have befallen some of the most famous men in our nation's history.

You won't find the informative panels about Grover Cleveland's secret oral surgery or Andrew Jackson's multiple bullet wounds anywhere near the Mall. Instead, head to an office park by BWI to

"They were presidents, but they still had to put up with doctors of the era."

— **MICHAEL MORAN**, CURATOR AT THE WILLIAM P. DIDUSCH CENTER FOR UROLOGIC HISTORY.

the American Urological Association, which houses the William P. Didusch Center for Urologic History.

Despite the location, the exhibit doesn't dwell exclusively on urological problems — although you'll learn more than you ever imagined about James K. Polk's bladder stones and Ronald Reagan's two prostate surgeries. It uses the multitude of medical woes of our commanders in chief to explore the evolution of health care since the days when George Washington was basically bled and purged to death in 1799.

"They were presidents, but they still had to put up with doctors



President William Henry Harrison died while doctors treated his pneumonia.

of the era," says curator Michael Moran.

The worst story is probably that of William Henry Harrison, who served only 32 days in office. But it wasn't really the pneumonia he developed after his freezing cold inauguration that killed him. More likely, it was the overuse of ipecac (that caused diarrhea, of course), followed by leeches, mercury-containing drugs and a litany of other disastrous "treatments."

While you're at the center, be sure to check out the permanent collection, which features objects such as a lightleiter, "the first instrument to look inside a human being," Moran brags. There's a gorgeous array of microscopes, several dating to the early 1700s, in addition to an extraordinary number of long pointy objects that were once inserted into — well, you can guess.

VICKY HALLETT (EXPRESS)

● *The Didusch Center (1000 Corporate Blvd., Linthicum, Md.) welcomes visitors during business hours. Guided tours are recommended — request at least one week in advance by emailing archives@auanet.org. For more information, call 410-689-3785, or visit Urologichistory.museum.*

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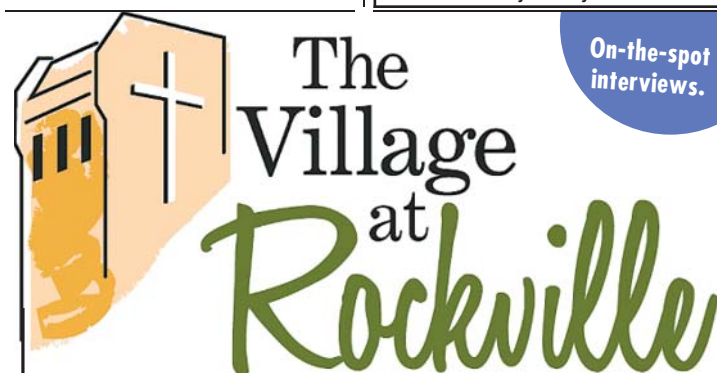
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Sound Bets



Bangers & Mashups

It feels like a new Wu Tang Clan mashup gets dropped every day. The massive size of the Wu, above — plus solo projects and affiliates — means a prodigious discography for producers to slice and stitch into sonic Frankensteins. But two new mashers are creating more buzz than Wu-associated

offshoots Killa Beez.

Wugazi's "13 Chambers" takes Clan a cappellas and fuses them with samples by D.C.

post-hardcore heroes Fugazi. The approach is like that of Dangermouse on 2004's "The Grey Album," which wed the Beatles and Jay-Z: These are new songs, not mere computer-enabled smushings of disparate elements.

DJ Max Tannone's "Ghostfunk" layers Ghostface Killah rhymes over African funk, but the 10 tunes aren't as finished as Wugazi's. All that sassy Afrofunk brass and extra percussion is tough to wrangle, which gives "Ghostfunk" an appealing looseness in contrast to the tightly wound production of "13 Chambers." But both will allow you to enter the 36th Chamber of Wu-Tang's enduring influence.

Download Now:

Grab both at Expressnightout.com/soundbets.



Comments? Give Christopher your feedback: expressnightout.com/soundbets

He's Not Slouch

Riding high with hits like 'The Lazy Song,' Bruno Mars soaks in his many successes

Music

"I don't know," says Bruno Mars, kicking back in the opulence of a penthouse suite at the five-star Sanderson Hotel on London's West End, "if it ever goes down like this."

The next day he'll play a blistering show to 64,000 sun-kissed British fans at the Wireless Festival, held in London's Hyde Park. But for now, the 25-year-old Hawaii native is enjoying a rare day off and reflecting on a "crazy, surreal" journey that has seen him climb from childhood Elvis impersonator to the brink of global superstardom.

"It's a rare thing that happens," he says, "especially in this day, where it's real hard to sell albums. I'm traveling to places that I've never even heard of, and there are all these people singing the songs back — and English is not even their first language. It's, like, what the hell happened?" The answer is simple: Music fans the world over have fallen in love with Bruno Mars.

Mars' debut album, "Doo-Wops & Hooligans," has already spent 39 weeks in the Billboard 200's top 40 and has sold 1.2 million units in the U.S., according to Nielsen SoundScan. The eclectic 10-track disc — which mixes pop, soul, soft rock, reggae and swing — has been cer-



Anything But Lazy

Bruno Mars' massive sales numbers in the digital music era speak for themselves. (BILLBOARD)

15M

The total number of singles Mars has sold worldwide, according to his label, Elektra.

4

The number of countries outside the U.S. that "Doo-Wops" has hit No. 1 in.

Mars' debut album, "Doo-Wops & Hooligans," has spent 39 weeks in the Billboard 200's top 40 and sold 1.2 million units in the United States.

First single "Just the Way You Are" spent four weeks atop the Billboard Hot 100, moving 4.5 million copies. The track also spent 20 weeks at No. 1 on the Adult Contemporary chart — the longest-reigning debut single in the list's 50-year history.

Collaborations

Hits on the Side

Made up of Mars, Ari Levine and Philip Lawrence, the Smeezingtons are a six-legged pop production phenomenon, scoring a succession of Hot 100 smashes, including 2010's "Nothin' on You" by B.o.B, featuring Mars (2.8 million units, in sales). Other credits include last year's "Billionaire" by Travie McCoy, featuring Mars (2.9 million) and "Forget You" by Cee Lo Green (4.9 million). R.S.

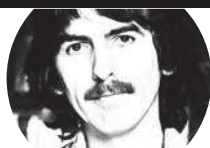
tified platinum 14 times worldwide, according to Elektra.

To paraphrase the man himself, it doesn't normally go down like this. Ever. "That's because the world has never seen another Bruno Mars," the charismatic singer jokes.

"The great thing about Bruno is that you can't put him in a box. That's why people are so attracted to him," Atlantic Records chairman Julie Greenwald says.

"I'm just a mixed-up dude," Mars says when asked about his genre-crossing versatility. "I want to work with the Kanyes, the Jay-Zs ... Kings of Leon, Mumford & Sons. I want to do all those things. As proud as I am of 'Doo-Wops,' I feel like, 'Oh, man. People haven't seen nothing. They don't even know what I'm about to do,' and that's what I can't wait to show the world."

RICHARD SMIRKE (BILLBOARD)



The Quiet One: HBO will air Martin Scorsese's "George Harrison: Living in the Material World" documentary in two parts on Oct. 5 and 6. In the film, Scorsese traces the life of Harrison, left, from his beginnings in Liverpool through his work as a musician, philanthropist and filmmaker. Never-before-seen home movies and photographs are complemented by interviews with friends such as Eric Clapton, Paul McCartney and Tom Petty. (BILLBOARD)

entertainment **lookout**

Cibo Matto's Miho Hatori, left, and Yuka Honda, right, are raising money for Japan disaster relief on their current reunion tour.

Food for Thought

Cibo Matto reunites with sold-out shows across the country

Music

The name Cibo Matto translates to "crazy food," so it's appropriate that the Japanese-American duo describe their sound in culinary terms. "We're trying to make good home cooking," says multi-instrumentalist Yuka Honda, "as opposed to trying to become a professional restaurant. When you're a professional restaurant, you have to split into different categories and keep cooking the same food. But there are

different freedoms at home, where we feel a little bit freer to explore whatever interests us."

That's been Cibo Matto's ethos since the band's formation in 1994. Throughout the latter half of that decade, Honda and vocalist Miho Hatori whimsically combined pop, hip-hop, jazz and traditional Japanese ingredients into a complex and imaginative stew. But after notching minor hits with "Know Your Chicken" and "Sugar Water," the duo disbanded in 2001.

It's a testament to the sturdy quirkiness of the band's music that 10 years later, Cibo Matto has reunited to sold-out shows across the country. The old songs still sound

fresh and exciting, especially played for fans who weren't old enough to attend shows in the '90s.

"It's like when people say they smell something and an old memory comes back," Honda explains. "It feels like we never left."

Cibo Matto has also started writing, with a new album planned for early 2012. Honda promises it will sound just as tasty as the duo's early albums: "Instead of offering something extremely refined, we would like to offer something a little more robust." **STEPHEN M. DEUSNER**

● **Rock & Roll Hotel, 1353 H St. NE; Tue., 8 p.m., \$20; 202-388-7625, Rockandrollhoteldc.com.**

'Harry Potter's' Unlikely Hero

Film

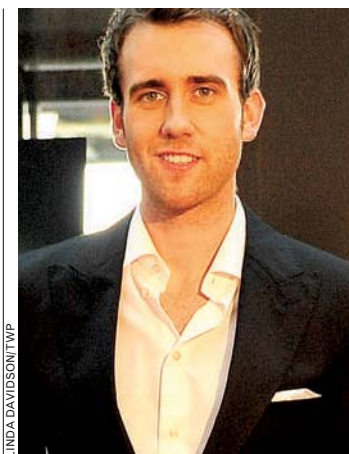
One doesn't expect a hero to be named Neville Longbottom. Certainly not when he starts out as a squeaky, slightly chubby, awkward kid. But Matthew Lewis, 22, who has played Neville in all the "Harry Potter" movies, including "Deathly Hallows: Part 2," had faith that there was greatness lurking behind the buck teeth.

"People write to me and say Neville's inspired them, they can relate to him."

— **MATTHEW LEWIS**, ON HIS "HARRY POTTER" ROLE, NEVILLE LONGBOTTOM.

"I thought there was something to him," says Lewis in an interview just before the film's opening last Friday. "He was in Gryffindor [Harry Potter's house at the Hogwarts School] for a reason, though nobody could quite see why."

It turns out, however, that Longbottom becomes a valued soldier in the fight between good and evil. In the final battle in "Deathly Hallows: Part 2," he achieves all sorts of grand heroics that we won't spoil here. (He



Matthew Lewis attended the movie's D.C. premiere last week in Georgetown

also loses the baby fat.)

Though not one of the three lead characters, Longbottom has found his place in "Potter" fandom.

"People write to me and say Neville's inspired them, they can relate to him — they have a crappy time at school, or they lost their parents." (Neville's parents were both tortured to the point of insanity, leaving his grandmother to raise him.) "As an actor, to hear that — what you're doing is inspiring people to face adversity; it's the most amazing feeling in the world."

KRISTEN PAGE-KIRBY (EXPRESS)

expressnightout.com

FOR MORE UPCOMING EVENTS, FOLLOW THE TOP STOPS BLOG AT EXPRESSNIGHTOUT.COM/TOPSTOPS



1 Head for Music

Matthew Hemerlein is known for his majestic hair, the sort of emo comb-over you see in cartoons. Oh, and also for playing six instruments (including cello and violin) and melding classical training with popular and experimental music. He'll open for Meredith Bragg on Tuesday. **Black Cat, 1811 14th St. NW; 8:30 p.m., \$10; 202-667-7960, Blackcatdc.com. (U St.-Cardozo)**

2 Conceived In Liberty

Anyone who's ever seen a high school production of "1776" understands that the path to declaring America's independence from Great Britain wasn't a short or easy one. Historian John Ferling will delve even further (though, sadly, without catchy songs) into the struggle behind our revolution in a lecture at the Smithsonian. **Ripley Center, 1100 Jefferson Drive SW; 7 p.m., \$25; 202-633-3030, Residentassociates.org. (Smithsonian)**

3 Best Shot



Sure, seeing Pat Benatar in the flesh when she performs tonight (with husband Neil Giraldo) will be thrilling if only because she's an iconic female rocker. But let's be honest: You're thrilled mostly because she'll play "Love Is a Battlefield," and you might pick up some moves for the next time you perform the dance routine on your bed at 11 a.m. on a Saturday. Everybody does that, right? **9:30 Club, 815 V St. NW; 7 p.m., \$45; 202-265-0930, 930.com. (U St.-Cardozo)**

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Researchers at the National Institutes of Health are conducting a study of the relationship between gastrointestinal pain symptoms and intestinal inflammation in overweight individuals. The research study requires two outpatient visits. The first visit lasts 5-7 hours. The second visit lasts 6-8 hours. The study will be conducted at the NIH Clinical Center located in Bethesda, Maryland and conveniently located on the Metro Red Line (Medical Center stop).

Consider participating if you or your child:

- is 13-45 years of age*
- is overweight

- Compensation will be provided.
- All study-related tests are provided without cost.

Call: **301-443-4693**

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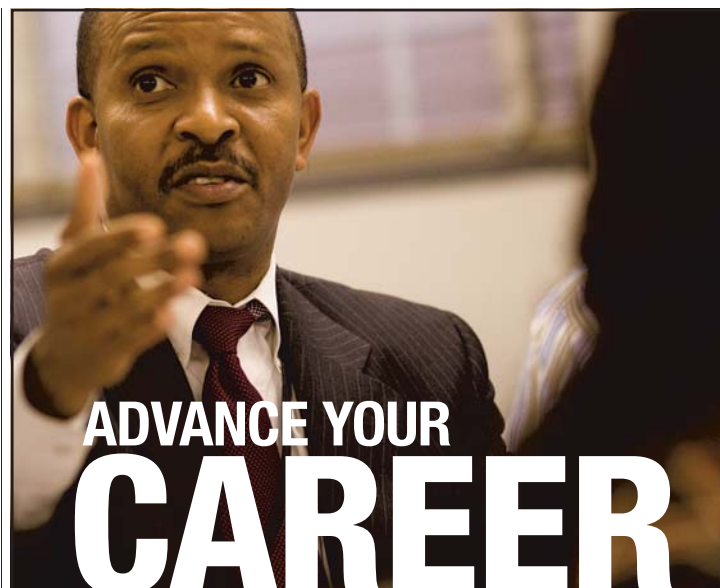
www.clinicaltrials.gov
Study #09-NR-0064

*minors require parental permission to participate

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TV tonight **lookout**

Best Bets

ABC
9:00

101 Ways to Leave a Game Show In "Indiana Jeff & the Temple of Boom!" losing contestants either get sent skyward and snared by a net; tossed out of a saloon window; or ejected into the air by an exploding mining cart. "Indiana Jeff," of course, refers to host Jeff Sutphen.

TNT
9:00


Memphis Beat Paula (Celia Weston) asks Dwight (Jason Lee, shown) to help an old friend who has been arrested in connection with the armed robbery of a party boat. His investigation brings him back into contact with an old flame and one of his band buddies from high school.

USA
9:00

White Collar Usually, it's computer hackers who commit identity theft; they don't have it committed against them. Nevertheless, that's Neal's (Matt Bomer) plan of attack when a hacker drains a prominent New York bank's accounts. (TRIBUNE MEDIA)


SHOWTIME

The Doctor Is Online

WEB THERAPY
SHO
11:00

In what started as a series of Web shorts, Lisa Kudrow plays Fiona Wallace, the worst therapist ever. Part con artist and all narcissist, Wallace treats her patients in three-minute webchat sessions. With an improv style and players such as Jane Lynch and Rashida Jones, this is definitely a series to keep an eye on. (TRIBUNE MEDIA)

Game Shows



Name Your Price

Cedric the Entertainer hosts the new series "It's Worth What?" (8 p.m., NBC), which combines "Antiques Roadshow" with "The Price Is Right." Contestants compete to discern the price of various collectibles and antiques for a shot at up to \$1 million. (TM)

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 July 22nd (Friday)
 1000 H Street NW

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 July 25th (Monday)
 1 Bethesda Metro Center

Hyatt Regency - Reston
 July 26th (Tuesday)
 1800 Presidents St. -
 Town Center

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 July 27th (Wednesday)
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 July 28th (Thursday)
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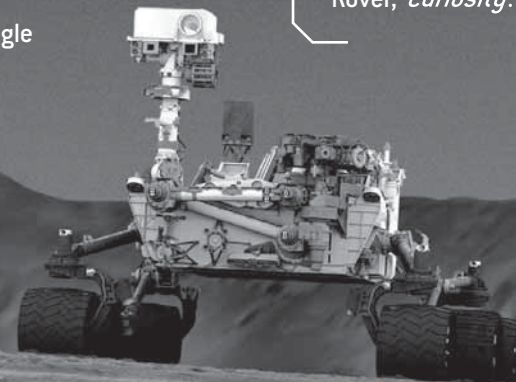
Talk to scientists about current Mars research and learn about the latest missions.

Interact with mini-robots, create Mars art, and enjoy story time with the kids.

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lookout online

Poll Center

Today's Question

SHOULD THE U.S. NAVY USE OLD WARSHIPS TO CREATE ARTIFICIAL REEFS?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Yesterday's Results

DO YOU THINK THAT D.C. SHOULD LEGALIZE ONLINE GAMBLING?



"Yes, as long as D.C. gets a piece of the action. It's better than taxing away people's hard-earned money."

COMMENTER STR

"Why not?" Congress gamble's with the country's future every day."

AN ANONYMOUS COMMENTER

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

"You may not admit it, but I know you've thought about it. At some point in your life, at some stupid job, you fantasized about quitting in a manner that doesn't just say, 'I've found a better opportunity,' but in a way that says, '[Screw you].' ... I applaud you, Mystery Employee, for having the [courage] to do what we all wished we could have done at some point."

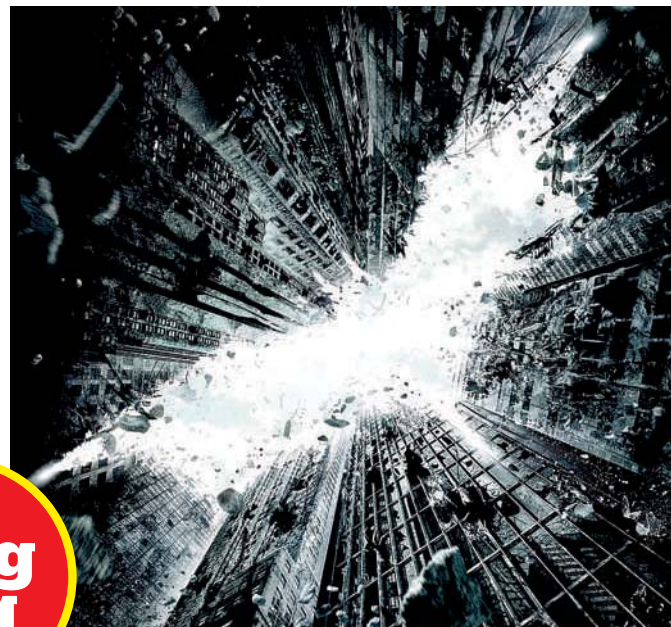
—**ATHENSREPORT.COM** WAS IMPRESSED BY A FORMER TACO BELL EMPLOYEE IN NEW YORK WHO QUIT HIS JOB BY POSTING A VULGAR MESSAGE DIRECTED AT HIS MANAGER ON THE RESTAURANT MARQUEE AFTER HE WASN'T GIVEN THE FOURTH OF JULY OFF.



"Hey, if you're going to rehire the bus driver who punched McGruff, I suppose you've got to keep the door open for pretty much everyone else."

—**DCIST.COM** REACTS TO NEWS THAT METRO HAS REHIRED PAMELA GOINS, THE METRO CUSTODIAN WHO, IN 2008, WAS FIRED FOR HER ROLE IN A PROSTITUTION RING AT THE FARRAGUT NORTH STATION. THE EXAMINER REPORTS THAT SHE CAME BACK TO PERFORM LANDSCAPING WORK FOR THE TRANSIT AGENCY AS A CONTRACTOR LAST SUMMER.

Blog Log



"There's sort of a Hannibal Lecter by way of the S&M club thing going on with Tom Hardy as Bane there. The voice-over from Christian Bale there offers what seems to be the key question of the film: Does Batman really exist anymore?"

Christopher Nolan will try to answer it (and he'll most likely give the audience a shot at figuring it out) when the film comes out way too many months from now."

—**FILMSCHOOLREJECTS.COM** REACTS TO THE NEW TRAILER FOR "THE DARK KNIGHT RISES," DUE FOR RELEASE IN 2012.

Women: Is Your Drinking Causing Problems? Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.

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puzzles lookout

Horoscope

CANCER (June 21-July 22) Anyone who tries to get you to drift out of your comfort zone will have quite a fight on his or her hands. You're not about to budge.

LEO (July 23-Aug. 22) You may not have listened when warnings were announced, so you're going to have to face certain dangers that could have been avoided.

VIRGO (Aug. 23-Sept. 22) You're facing a challenge that others have backed away from — and you'll have only yourself to rely on.

LIBRA (Sept. 23-Oct. 22) You'll find yourself singled out for something that you cannot fully explain. Still, you can reap the benefits.

SCORPIO (Oct. 23-Nov. 21) You are seeking approval that is not likely to come, and you may realize the only one you have to please right now is yourself.

SAGITTARIUS (Nov. 22-Dec. 21) The time has come for you to fall back on something that is more reliable than the thing you have been doing lately.

CAPRICORN (Dec. 22-Jan. 19) Your skepticism is likely to be transformed into belief before the day is out, but only you will know the significance of this change.

AQUARIUS (Jan. 20-Feb. 18) You can start with the building blocks of a solid endeavor and begin to put them together in a creative and productive way.

PISCES (Feb. 19-March 20) Your charm and good behavior is not likely to get you anywhere you want to go; you'll have to rely on something more tangible.

ARIES (March 21-April 19) You are drawn to the unknown, but you had better heed a warning offered by someone who has been there.

TAURUS (April 20-May 20) You are likely to discover you've been doing something right all along, despite those feelings of uncertainty you've been entertaining.

GEMINI (May 21-June 20) Preparation is the key; all else being equal, you're not likely to have the advantage over others. Day's end brings a fun surprise.

Scrabble Grams

PAR SCORE 150-160, BEST SCORE 226

A ₁	U ₁	P ₃	S ₁	L ₁	M ₃	N ₁

--

 RACK 1

A ₁	I ₁	O ₁	M ₃	T ₁	R ₁	F ₄

1st Letter Double

--

 RACK 2

A ₁	I ₁	I ₁	Y ₄	D ₂	R ₁	T ₁

--

 RACK 3

A ₁	E ₁	O ₁	D ₂	T ₁	C ₃	H ₄

Triple Word Score

--

 RACK 4

Yesterday's Solution

I ₁	N ₁	F ₄	A ₁	N ₁	T ₁	
C ₃	A ₁	R ₁	A ₁	W ₄	A ₁	Y ₄
T ₁	A ₁	N ₁	T ₁	R ₁	U ₁	M ₃
D ₂	O ₁	U ₁	B ₃	L ₁	E ₁	T ₁

 PAR SCORE 140-150

 RACK 1 = 9
 RACK 2 = 80
 RACK 3 = 61
 RACK 4 = 60
 TOTAL 210

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

3		1			2		8	7
8					9			
			6	1				4
1	7					4		
		9				8		
		4					5	2
4				5	7			
			3					6
2	3		9			1		5

Yesterday's Solution

4	1	6	2	8	7	9	3	5
3	9	8	4	5	1	7	2	6
2	7	5	9	6	3	4	1	8
5	6	1	8	7	2	3	9	4
8	2	3	5	9	4	1	6	7
7	4	9	1	3	6	5	8	2
6	8	4	3	1	5	2	7	9
1	5	7	6	2	9	8	4	3
9	3	2	7	4	8	6	5	1

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

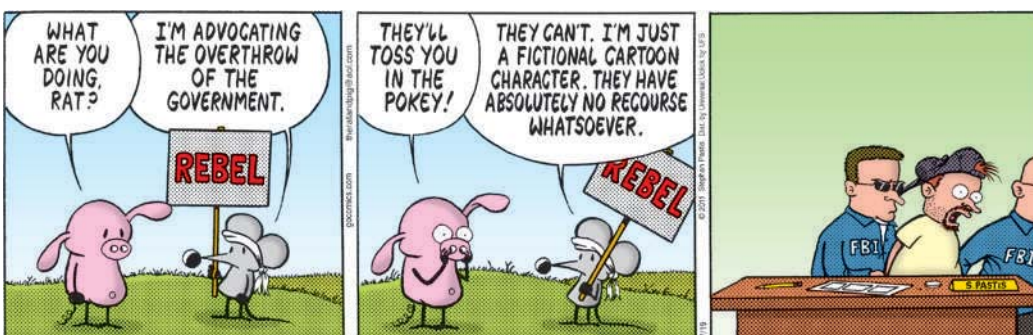
Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast


95 | 74

Today: Hot and humid today with a thunderstorm. A thunderstorm this evening.


91 | 74

Tomorrow: Sunshine and humid tomorrow. Mainly clear tomorrow night.

Looking Ahead



THU



FRI



SAT

97 | 78 101 | 79 98 | 74

Sun and Moon

Sunrise today: 5:58 a.m.
 Sunset today: 8:31 p.m.
 Moonrise today: 10:38 p.m.
 Moonset today: 10:22 a.m.

Almanac

Normal high: 89
 Record high: 103
 Normal low: 70
 Record low: 55

FORECAST BY ACCUWEATHER.COM ©2011

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- ✓ Drink daily or almost daily ?
- ✓ Are between the ages of 21 and 60 ?

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For more details, call

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Those qualified for the investigational study will receive study-related medication and doctor visits at no cost. You may be reimbursed for travel related expenses. There are certain risks which will be discussed with you by your study doctor.

To find out if you qualify, call **301-984-8800**

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lookout puzzles

Crossword

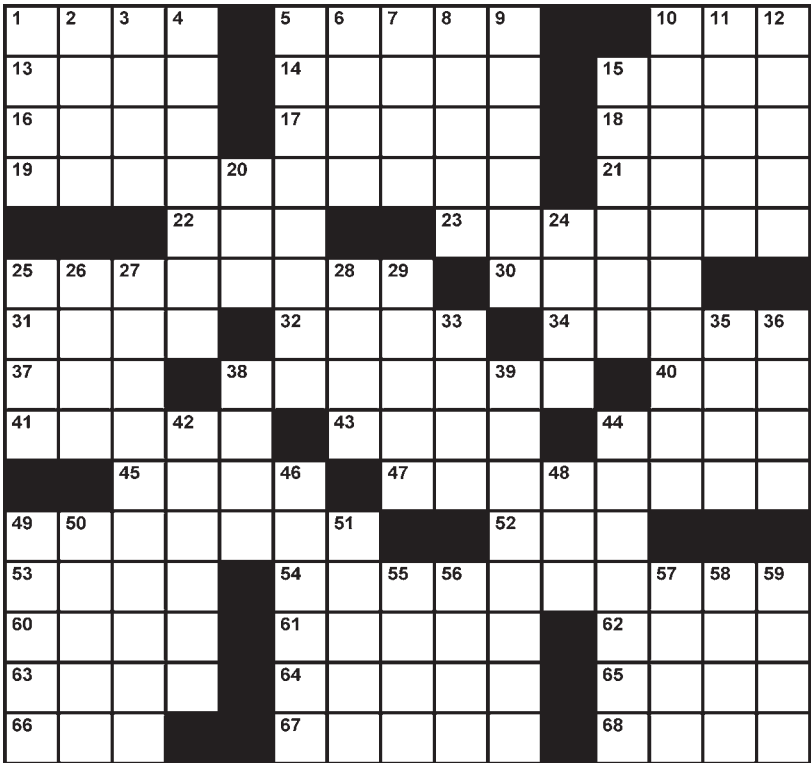
IN WITH THE IN-CROWD

ACROSS

- 1 Remedy
- 5 Averages
- 10 Dieter's no-no
- 13 "An apple ____"
- 14 Utopian
- 15 Word with "Cal" or "Georgia"
- 16 Richard of "King David"
- 17 Majestic
- 18 Present start
- 19 Commit to flames
- 21 "Tres ____" ("Very well," in Paris)
- 22 Crooner ____ King Cole
- 23 Pearl necklaces, e.g.
- 25 Court ruling
- 30 He's smarter than the average bear
- 31 Hertz competitor
- 32 Dollar rival
- 34 Alternative to a co-op
- 37 Monetary unit of Japan
- 38 Baseball units
- 40 Suffix with "cop" or "hotel"
- 41 Engine alternative for boats
- 43 One and only
- 44 Suit to ____
- 45 Moses drifted down it
- 47 Roget's listings
- 49 Orange wedge, e.g.
- 52 Smallest prime number
- 53 Fabled loser
- 54 Home of the first pro baseball team
- 60 Cosmetics brand
- 61 "Let's Make ____"
- 62 Chinese monetary unit
- 63 Classic motorcars
- 64 Homer's honey
- 65 1700, on cornerstones
- 66 A doctrine or theory
- 67 Stratagems
- 68 "Come in and ____ spell"

DOWN

- 1 Nativity-scene figures
- 2 Famous garden locale
- 3 Pusher buster



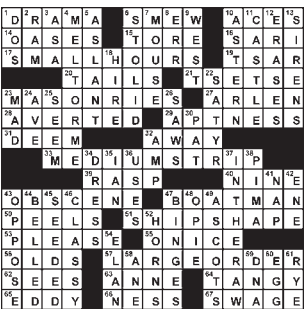
EDITED BY TIMOTHY E. PARKER

- 4 Batik processes
- 5 "____ Eighty-Four" (Orwell)
- 6 It's around the dumpster
- 7 "Queen of Country" McEntire
- 8 Ice cream float cousins
- 9 Like some inclement weather
- 10 Ladies' trait
- 11 Needing Clearasil
- 12 Waters down
- 15 Trinidad and ____ (Caribbean island nation)
- 20 Nickname for an infamous war
- 24 Enormous mythical birds
- 25 Toronto Blue ____

- 26 Part of the eyeball
- 27 Place to eat a fine meal
- 28 Sisters
- 29 Small singing groups
- 33 Kind of child
- 35 Form an opinion
- 36 Unrefined metals
- 38 Castaway's refuge, perhaps
- 39 Non-Jews
- 42 Psychological thresholds
- 44 False names
- 46 Set up tents
- 48 Have the rights to
- 49 Lamb Chop's instructor
- 50 Rain gutter locale
- 51 Word with "basin" or "wave"

- 55 Fiddling Roman despot
- 56 Shrewd
- 57 Autobahn auto
- 58 Diplomacy
- 59 Early Peruvian

Yesterday's Solution



Today in History

1961 TWA becomes the first airline to begin showing regularly scheduled in-flight movies as it presents "By Love Possessed," starring Lana Turner, to its first-class passengers.

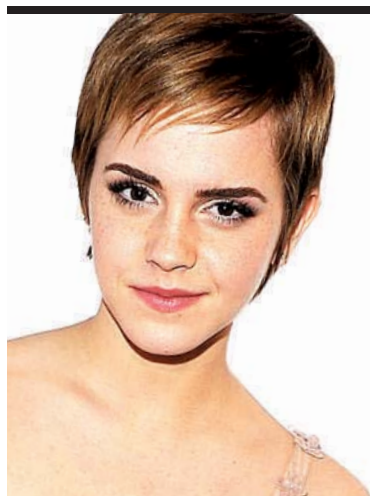
1980 The Moscow Summer Olympics began, minus dozens of nations that are boycotting the games because of the Soviet military intervention in Afghanistan.

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people **lookout**
CLOSURE-ISH
Brown University and Emma Watson Agree To an Open Relationship

"Harry Potter" star Emma Watson says she plans to return to Brown University to complete her degree. She told the *Virginian-Pilot* that she remains enrolled at Brown even though she'll study at England's Oxford University in the fall. She says she intends to return to Providence, R.I., in 2012. The 21-year-old Watson left Brown earlier this year. (AP)

A YOUNG GIRL'S DREAMS
'Oh, Justin, Maybe Someday An Entitled Little Punk Will Crash OUR Wedding!'

Justin Bieber and Selena Gomez crashed a wedding in Malibu, Calif., over the weekend, TMZ.com reported. The couple were walking on the beach when they heard "One Less Lonely Girl" playing at a nearby wedding reception. "We heard a party, so we decided to just come," Bieber told the shocked crowd. (EXPRESS)



We didn't know they made whatever that is she's wearing in children's sizes.

Reactions

Argh, Sigh, Really?

Brooke Mueller, one of Charlie Sheen's ex-wives, left for a rehab program in Cancun, Mexico, on Monday, Radaronline.com reported. The program, which is not legal in the U.S., involves a hallucinogen named ibogaine. "Brooke is absolutely desperate. She wants to be sober, and she thinks that this could be just the thing that will do it," said an unnamed source. (EXPRESS)



No one in Hollywood can rock synthetic fibers like Betty White. NO ONE.

PLAYED OUT
Stop the Meme-ness!

Another Marine has invited a Hollywood star to attend a Marine Corps ball. Sgt. Ray Lewis, via YouTube, asked Betty White to be his date to one of the events, presumably inspired by colleagues who landed Mila Kunis and Justin Timberlake as dates. "She's funny, sweet, mature — the all-around perfect woman," Lewis said. Sadly, White declined. "As everyone knows, I love a man in uniform," she said via her publicist. "But, unfortunately, I cannot accept, as I will be taping an episode of 'Hot in Cleveland.'" (EXPRESS)


CONFUSION
What Is This Thing You Call 'Finances'?

Ja Rule was sentenced Monday to more than two years in federal prison for failing to file income tax returns. "I in no way attempted to deceive the government or do anything illegal," he said. "I was a young man who made a lot of money. ... I didn't know how to deal with these finances, and I didn't have people to guide me, so I made mistakes." (AP)

"I chose 'Anger Management' because, while it might be a big stretch for me to play a guy with serious anger management issues, I think it is a great concept."



— CHARLIE SHEEN EXPLAINS, IN AN OFFICIAL STATEMENT, WHY HE CHOSE A SITCOM ADAPTATION OF THE 2003 FILM "ANGER MANAGEMENT" AS HIS NEXT PROJECT.

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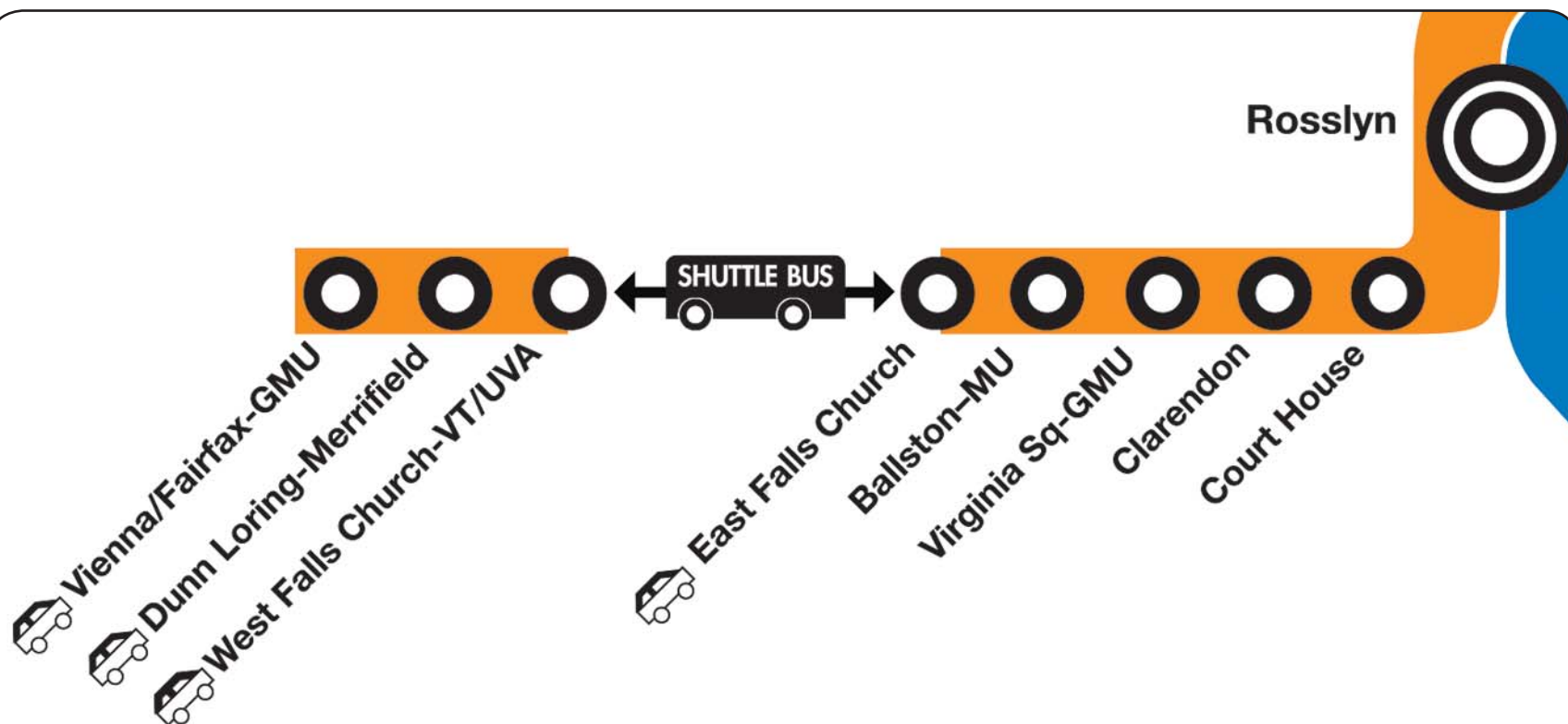
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The Orange Line between West Falls Church-VT/UVA and East Falls Church stations will be closed the weekend of July 22-24.



- This section will close Friday at 10 p.m. and reopen Monday at 5 a.m.
- Free shuttle bus service will be provided between West Falls Church-VT/UVA and East Falls Church stations. The stations will remain open.
- If you take the shuttle bus, please add 30 minutes to your travel time.
- Consider parking at East Falls Church station and riding Metro from there. Parking is free on weekends.
- The track between these two stations must be closed so that crews can continue construction work to connect the Orange Line to the future Dulles Corridor Metrorail Project. For more information about this important work, please visit MetroOpensDoors.com.





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